

Employee Assistance Program Presentations/Trainings

ComPsych is the provider of Employee Assistance Program (EAP) services for the State Employee Health Plan (SEHP). As part of the service agreement they will be offering workshops that provide valuable learning for employees, and can help increase visibility and utilization of the EAP benefit. Topics are designed and written by ComPsych training experts including psychologists who specialize in adult education. Through focused content and interactive facilitation, these 45-60 minute programs are informative and engaging.

Most topics can be offered via live webinars facilitated by ComPsych corporate staff of professional trainers and subject matter experts. For face-to-face sessions, ComPsych contracts with a network of facilitators throughout the country who primarily have backgrounds in behavioral health fields. ComPsych and the SEHP will review requests for presentations to determine the appropriate service to be provided.

To Request a Presentation/Training

Contact the ComPsych Onsite Account Representative:

Alec Hawley, 785-296-8452, ahawley@compsych.com

- A minimum of 30 days is requested for scheduling sessions to ensure the training date is available and to secure the most qualified facilitator for the selected topic.
- Sessions may be scheduled from 7 a.m. to 7 p.m.
- Programs generally range from 45-60 minutes in length.
- Five business days' notice is required for cancellation.

Employee Assistance Program Orientation

Employee and supervisory orientations are available to introduce or summarize the services, stress the professional and confidential nature of the benefit and relate the methods of accessing help.

2014 Personal Development/Work-Life Workshops

A full outline of each topic is available at

<http://www.kdheks.gov/hcf/healthquest/download/EAPPresentationOutlines2014.pdf>

Parenting

Building Your Child's Self-Esteem
Communicating the Tough Stuff to Your Child: Drugs, Alcohol, Sex and Peer Pressure
Discipline That Works
The Emotionally Healthy Teen: Dealing with Issues of Substance Abuse, Depression, Suicide and Eating Disorders
Encouraging Kids to be Active
Establishing Bedtime Routines That Work
Extracurricular Activities: How Much is Too Much
Helping Children Develop Strong Ethics and Values
Helping Your Child Set Goals for the Future
Helping Children Cope with Grief
Kids and Computers: Becoming a Cyber Savvy Parent (Webinar Only)
Kids and Meals: It Doesn't Have to Be a Battleground
No Such Thing as Perfect Parent
Parenting a Child with Special Needs*
Parenting Toddlers
Parenting Your College Age "Kids"
Raising Children in a Diverse World
School's Out: Getting Everyone through the Summer
Sibling Rivalry

Standing Tall: Handling Bullies
Teaching Your Kids How to Manage Money
Teenage Rebellion
The Parent as Role Model
The Successful Single Parent

Older Adult Care

Caring From a Distance
Talking About the Tough Subjects with Your Parent or Older Loved One
The Sandwich Generation: Balancing Your Personal Life with the Needs of Your Older Parents or Loved Ones
When Someone You Love Has Alzheimer's

Personal Development

The Art of Patience*
Awakening the Passion in Your Life
Balancing Work and Life
Being Accountable in Work and Life
Becoming a Team Player
Becoming a Better Listener
Bringing Out the Best in Others
Building Trust

The Confident You: Taking Charge of Your Life
 Cutting through the Clutter
 Developing Creativity
 Effective Communication
 Emotional Intelligence*
 Friendly Persuasion: How to Get the Things You Want
 How to Be More Engaged at Work
 How to Deal with a Difficult Person
 How to Make a Habit of Success
 Improving Your Memory
 Initiating Difficult Conversations
 Know Before You Go: How to Prepare for a Visit to the Doctor (webinar only)*
 Learning to Say "No"
 Letting Go of the Things That Hold You Back
 Managing Your Emotions in the Workplace
 Mindfulness: Being Present in Your Work and Life
 Moving From School to Career
 Overcoming Procrastination
 Overcoming Shyness
 Road Warrior's Survival Guide: Issues for Business Travelers (webinar only)
 Sailing On: A Guide to Transitioning into Retirement
 Social Media Do's and Don'ts* (webinar only)
 Time Management Tools: To-Do Lists, Calendars, and Smartphones
 Time Management Principles
 Using Reason to Resolve Conflict

Resilience

Coping with a Crisis or Traumatic Event*
 How to Receive Criticism and Make it Work for You
 The Impact of Attitude on Work and Life
 Living with Change
 Moving Through Grief and Loss
 Preparing for Financial Emergencies*
 Resiliency: Bouncing Back After a Setback
 Stress: A Way of Life or a Fact of Life
 Where Are You Going? Goal Setting for Personal and Professional Success

Legal And Financial

10 Strategies for Improving Your Finances
 After the Holidays: Managing That Debt
 Are You Financially on Track for Retirement?
 Basics of Estate Planning
 Distribution Options for Retirement Plans*
 Financial Considerations for the Sandwich Generation

Financial Planning for Life
 Getting The Best Value out of Your Health Benefits (webinar only)*
 Managing Personal Finances
 New Realities in Home Ownership
 Options for Financing College
 Paying Off Debt While Building Wealth
 The Finances of Purchasing Your Own Home
 The Five Pillars of Personal Finance
 The Impact of Foreclosure
 The Importance of Participating in Your Employer's Retirement Plan
 Understanding the Importance of Credit in today's Economy

Behavioral Health And Wellness

Connecting Mind and Body for Healthy Living
 Coping with Compassion Stress*
 Developing Will Power and Self Control to Change Behavior
 Emotional Eating: The Connection between Mood and Food
 From Smoker to Smoke Free (Webinar Only)
 Happiness: A Key to Life's Satisfaction
 Healthy Lifestyles: Changing the Way You Think About Diet and Exercise
 The Impact of Shift Work on Mind and Body
 Learning to Relax
 Managing Holiday Stress
 Running on E: Adding Energy and Passion to Your Work and Life
 Sleep, an Essential Component of Health and Well-Being
 Staying Young through the Years
 Suicide Awareness*
 Understanding Depression*

Family And Relationships

Building Strong Relationships with Your Adult Children*
 Communication Skills for Families
 Communicating Without Conflict with Your Significant Other
 Enjoying Your Empty Nest
 Helping a Loved One through Difficult Times
 The Impact of Substance Abuse on the Family
 Life after Divorce: Landing on Your Feet
 Making the Most of Family Occasions
 Planning a Family Vacation
 Rewards and Challenges of the Blended Family
 When Mom and Dad Move in With You
 Single After All These Years

*New for 2014